# MOUNTAINS

NILS LOFGREN

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| | | |
|---|---|---|
| 1 | **Ain't The Truth Enough** | (3:25) |
| 2 | **Only Ticket Out** | (5:15) |
| 3 | **Back In Your Arms** | (4:22) |
| 4 | **Won't Cry No More** (For Charlie Watts) | (4:06) |
| 5 | **Nothin's Easy (For Amy)** | (3:40) |
| 6 | **Dream Killer** | (3:35) |
| 7 | **Only Your Smile** | (3:44) |
| 8 | **I Remember Her Name** | (4:15) |
| 9 | **We Better Find It** | (2:59) |
| 10 | **Angel Blues** | (3:14) |

MOUNTAINS

*Produced by* Nils and Amy Lofgren
*Recorded and mixed by* Jamison Weddle, *Phoenix College* and *Studiocat Productions, AZ*

*Mastered by* Greg Lukens and Connor Barto

Nils - *vocals, keyboards, guitars, pedal steel, dulcimer, lap steel, percussion, drums, bass, harps, vibes*

Ringo - *drums* **1**, *vocals* **9**
*Recorded by* Bruce Sugar

Andy Newmark - *drums* **2, 6**

Timm Biery - *drums* **3**

Ron Carter - *string bass* **7**
*Recorded by* Dave Darlington, *Bass Hit Recording NY, NY*

Kevin McCormick - *bass* **1, 2, 3, 6**

Christine Vivona - *concert harp* **10**
*Recorded by* Mike Levy *at 11:11 Studios, Tucson, AZ*

Luis Conte - *percussion* **3**

Neil Young - *vocals* **5**
*Recorded by* Niko Bolas at *Surf Shack*
Neil Young appears courtesy of Reprise Records

David Crosby - *vocals* **8**
*Recorded by* James Raymond

Cindy Mizelle - *vocals* **1, 3, 4, 6, 7, 10**

Howard Gospel Choir - **3**
Reginald Golden - *vocal arrangement and choir vocals producer*
*Singers* - Esther Battle-Martson, Darrell Brown, Rolanda Carter, Melissa Constantin, Dallas Jennette, William Jones, Stephen Moore, Avery Super *(vocal improv and ad-libs)*, Kristen Taylor *Recorded by* Mark Reiter at *Bias Studios, Springfield, VA.*
**Thanks Bob and Gloria Dawson!**

Choir singers - **10**
Danya Tiller, Nina Garguilo, Holly Sheppard, Stephanie Stickford, Michael Tallino, Toby Kidd, Kenny Miller (arranger)

Phoenix Children's Chorus - **9**
*Musical Directors* - Troy Meeker, Andrea Squires
*Executive Director* - Tanya Rosenfeld
*Singers* - Damya Adell-Oneal, Neel Anand, Grace Bessken, Helena Bessken, Sera Cherian, Samira Doxie, Indigo Empey, Keira Enriquez, Daityn Griebel, Beckett Gambrel, Kiley Handlong, Justin Hansen, Dagny Hauf, Laela Johnson, Peyton Johnston, Aishwarya Kommareddy, Daniella Lopez, Kai Mann, Tessa Marotta, Benny Martinez, Grant Meeker, Susana Morales Vega, Dayden O'Connell. Gideon Padilla, Reagan Peck, Gwennyth Piechocki, Sophia Pizzillo, Gianna Preciado, Isabella Prest, Catalina Prest, Ryleigh Schroeder, Milo Vining, Moli Warren-Heft, Micah Willett, Darian Woodhull

*Management* - Tom Goldfogle / Tom@fullcircleentertainment.net
*Agent North America* - Steve Martin / SteveMartin@PaladinArtists.com
*Accountants* - Tom Woods, Susan Dwyer
All songs written by Nils Lofgren / Hilmer Music Publishing Company, Inc., except Back In Your Arms written by Bruce Springsteen / Sony/ATV Pop Music Publishing , Sony/ATV Pop Music Publishing obo Eldridge Publishing Company

All song lyrics at www.nilslofgren.com

Dedicated to my beloved warrior Amy, our son Dylan, my brothers Tom, Mike, Mark and entire family, our sacred animals Pete, Rose, Bailey, Pearl. Sending all love, all light, always. This music happened because of you.

Cover and package art-
*Artist* - Ed Mell / www.edmellgallery.com
*Layout/design* - Tony Nolan / a.nolan@cox.net
*Production/assembly* Linda and Dick Bangham/ RipBang Pictures

NILS LOFGREN

### 1. Ain't The Truth Enough

I wonder where you been
the trouble you stepped in
You come home drunk on wild
scaring your wife and child
My God what did you do

Ain't the truth enough
ain't the truth enough for you
Me and the truth would always carry
us through if not now
what do we do if not now what say you

Who filled your head with lies
you're kool-aid hypnotized
I coulda saved your mind
truth ain't that hard to find
Man you're pissin' on your soul

Ain't the truth enough
ain't the truth enough for you
Truth and love'd always see us through
if not now what do we do
If not now maybe we're through

Ain't the truth enough… Oh darlin'
I always trusted you

Explain now eye to eye
your black infected soul
we built this dream together
don't tell me what I know
don't tell me what is real
my mind and heart are whole
this ain't how good souls roll

Ain't the truth enough
ain't the truth enough for you
me and the truth'd always
see us through
we both know truth takes two
If not now baby we're through…

### 2. Only Ticket Out

Shudder up 'round midnight
dirty hammers in my head
I'm sticky razed and shakin'
stinkin' like the dead
5 shots of gutter whiskey
gets me into the shower
Dress for a cold night of menace
I gotta score in an hour

Still the clock keeps on tickin'
and I begin to figure out
Gettin' right in my soul mister
may be my only ticket out

This raw edge I've been skatin'
has not been good to me
piles of dirty money vanish
False friends in misery
where do I turn to leave
a bankrupt life behind
made a snarling jigsaw puzzle
of my foolish damaged mind

Gonna rise up this mountain
cast the chains of shame and doubt
gettin' straight in my soul mister
may be my only ticket out

Raise a glass of Mad Dog
the dark pills they're all for me
snort four fat lines
of my best friend's ashes
and pretend I'm feelin free
Hell that ain't no way to be

Blacked out cold in an alley
full of NyQuil and stale dope
two men carry me
to a church basement
I smell hot coffee I smell hope
These strangers seem a bit like me
and have learned to live without
the booze the drugs the madness
so I try to stick it out

And rise up from disaster
cast the chains of shame and doubt
I was not born to surrender
seem like hope's the only ticket out
And rise up lord lift me up now
cast these chains of shame and doubt
was not born to surrender
seem like hope's the only ticket out
Yes some hope good souls
and hot coffee
may be my only ticket out…

### 3. Back In Your Arms

In my dream our love was lost
I lived by luck and fate
I carried you inside of me
Prayed it wouldn't be too late
Now I'm standing on this empty road
Where nothing moves but the wind
And honey I just wanna be
Back in your arms
back in your arms again…

Oh once I was your treasure
and I saw your face in every star
but these promises we make at night
oh that's all they are
unless we fill them with faith and love
empty as the howling wind
And honey I just wanna be
Back in your arms back in your arms
again… (oh how I miss you dear)
Back in your arms…
(please take me back)

You came to me with love and kindness
but all my life I've been a prisoner
of my own blindness I met you with
indifference and I don't know why

Now I wake from my dreams
I wake from my dream to this world
where all is shadow and darkness
And above me a dark sky unfurls
and all this love I've thrown away
and lost I'm longing for again
now darling I just wanna be
Back in your arms
back in your arms again…

Take me back back in your lovin arms
girl take me back take me back
take me back now
in your arms again…
(Oh I miss you old friend)

### 4. Won't Cry No More

Charlie's gone still I heard him today
We danced and laughed
kicked some blues away
Got no badge or backstage pass
he sings to me now
with grooves that last soul so vast

Yeah won't cry no more
won't cry no more
Sisters brothers check the score
won't cry no more

Pinch of Groucho pinch of Rain
pinch of Davey to burn the pain
burn the pain down down down
The whales are cryin' elephants dyin'
Damn you traitors to your
killin' floor
won't cry no more

Yeah won't cry no more won't cry
no more Never known hurt like
this before won't cry no more

So take those trillions for your
guns and war don't you dare feed
or heal the poor
Clean air and water we can all forget
sky so foul don't need no cigarette
don't need no cigarette

Yeah won't cry no more
won't cry no more
Sisters brothers check the score
I won't cry no more
won't cry no more…

Why these tears rollin' down my face
damn my broke heart
and the human race why cry…

Why cry won't cry no more…

### 5. Nothin's Easy

I saw every bomb explode
she's the tulip left in the road
She's the sky high over the dark
a warrior always hits her mark
And I love how her love always burns

As I walk the hurt in this world
people searchin' with no clue
I take comfort in one truth nothin's
easy 'cept you Nothin's easy 'cept you
you're the light shining through
as I walk the hurt in this world
nothin's easy 'cept you

So have another pot of strong coffee
open the tired eyes in your soul
We're all drowning in the answers
best get movin' God don't row
Grab those oars brother
truth don't row

As I walk the hurt in this world
people searchin' with no clue
I take comfort in one truth

nothin's easy 'cept you
nothin's easy 'cept you
you're the light shining through
as I walk the hurt in this world
nothin's easy 'cept you…

### 6. Dream Killer

Did you ever wanna save somebody
did you ever wanna mend a heart
Take a bird with a broken wing
nurse and love her 'til she flies off
Then you turn and face to face
stands a sickness you can taste
Dreams tremble in his wake
Dream killer Dream killer
Dream killer

Did you ever wanna shake somebody
out of the hell that they're in
Or go crazy while you sit and watch
someone you love do themselves in
You care so much to yourself you say
no harm could ever come their way
Some demon spits on you
while you pray

Dream killer…

Then you turn and face to face
stands a demon who will erase
every hope and dream you had in place

Dream killer…

### 7. Only Your Smile

I have failed to find peace
in the distance of the day
I have fought off the darkness
and the weariness of away
Though heaven's fiery sun
warms my face for awhile
Only your smile heals only your smile

My low hide and seek
an ancient bitter fear
There's no peace there's no sleep
Unless you are near
Your kind eyes they hope
and I breathe for awhile
Only your smile heals only your smile

Darlin' let it all go
hold my heart kiss my soul
Only your smile heals
only your smile…

### 8. I Remember Her Name

In the dark wee hours
at the Empress Motel
Jersey surf crashin'
Asbury sea smell
She starts kissing me
the universe moved
A happy I know
no heaven could improve

Band bus off to Boston
sweet girl you must come

She said "my Mom'd kill me
I got a job needs done"
I say "gimme their numbers
I'll square it I swear
Wherever I'm goin' I know
I'll want you there"
20 no's and 20 kisses she waved and
smiled as the bus pulled out I felt lost
felt wild lost and wild raging hope
and fear I prayed I'd see her again

Still I remember her name
I remember her name

Her green eyes firing
in a wavy sea of red
day dream of waking
with her sleepin in our bed
Used to drive to Jersey
every month or so
played the same clubs too often
hopin' she'd show
15 hard years fell by
a few lifetimes of hurt
she never made it
my broke heart was dirt

And memory tattooed
her perfect face
on my lonely soul

Still I remember her name I remember
her name 20 no's 20 kisses
one of life's great misses
Still I remember her name

Her touch her soul set it all aflame
Still I remember her name
she was goodness in this world
now there's nothing at all
Still I remember her name

Played the Rockin' Horse in the desert
with my rockin' band tryin' to be
content with who I ain't and who
I am She walks up to the bar says
"hi, remember me?" I said "my God
you're the one that got away your name
is Amy." Gave me her number
wrote it down in 8 places
started callin' night and day
This time I don't let her get away

Still I remember her name

I remember her name
20 no's 20 kisses
they'll be no more misses
Still I remember her name

Lately I'm forgetting
where I left this and that
I'm gettin' thin up top
often wear a hat
Now that beauty lives beside and
inside my soul
she took my heart she took my name

Some nights the happiness will wake
me up she's breathin' a gentle song I
won't get up beloved dogs lyin' against
us breathin' their song too
I think of the crazy
we've all been through a second chance
like this just don't come around
Through it all I remember her name

Yes I remember her name
I remember her name 20 no's
20 kisses they'll be no more misses
yes I remember her name I remember
her name Still I remember her name

### 9. We Better Find It

What did we do with it
yeah where did it go we better find it

Smack dab in the middle of
something hopeful
we were stumbling into a whisper
of daring sanity
oh my what a day
what a gift that would be

So don't walk away sisters brothers
please don't walk away
faith hope compassion
at your fingertips
Life liberty freedom
and justice for all

What did we do with it
yeah where did it go
we better find it we better find it…

How did wrong get so easy
without love there can be only hurt
we better find it

Wise Ringo always says
"peace and love"
let's keep our hammers sheathed
if you must use them to beat sense
into your raging brothers
try then help 'em heal and breath
This sad ancient story
as billions suffer
dark tyrants destroy with evil glee
a billion hammers pounding together
will break through to truth and love
I dare believe

What did we do with it
yeah where did it go
we better find it we better find it …

### 10. Angel Blues

Lean your weary halo on my wing
and let the peace come
As your darkness dies in my light
even angels falter now and then

Why do people try so hard to ruin
what's simply perfect
Spirits are to soar
they are not gifts
to hoard but to share
Still we understand
we've all been there
we've been there

King of kindness
grace us with your love
Queen of mercy heal us with your love
Cleanse this wasted world
with your fierce love
Hope and love peace and love
Grant us love Grant us love

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(For Charlie Watts)
5
*Nothin's Easy*
(For Amy)

6
*Dream Killer*
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*Only Your Smile*
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*I Remember Her Name*
9
*We Better Find It*
10
*Angel Blues*

## MOUNTAINS

*Produced by* **Nils and Amy Lofgren**
*Recorded and mixed by* **Jamison Weddle** *Album artwork by* **Ed Mell**

www.nilslofgren.com

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